

## PHASE 1: RESUMPTION OF PERFORMANCE SPORT (step 1A)

This guidance is to support Scottish Governing Bodies (SGBs) to put in place appropriate measures to allow the safe 'return to work' for Performance Athletes and support staff in an outdoor environment.

### Introduction

- 1 Some sporting activities can now be undertaken outdoors, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that performance athletes are made aware and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing covid-19 is available at [www.gov.scot/coronavirus-covid-19/](http://www.gov.scot/coronavirus-covid-19/) .
- 2 People who are shielding should not visit venues or undertake activities. People who are symptomatic should self-isolate for 7 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.  
  
**IMPORTANT: Do not leave your home to take part in sport or physical activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus.**
- 3 The information outlined below should be used to inform the development of suitable sport specific plans to support the 'return to work' of performance athletes and support staff within an outdoor training environment only.
- 4 There is no expectation that sports, clubs or athletes will be ready to return immediately. Prior to resumption of performance activity robust risk assessments and checks must be undertaken to ensure that all procedures can be fully and effectively implemented. Please continue to err on the side of caution with the health and safety of athletes and support staff being the priority.
- 5 The **sportscotland** institute of sport (SIS) has been working in collaboration with Scottish Government, key partners, medical experts and UK Sport to agree a five step approach for the 'Resumption of Performance Sport' in Scotland. Further information is available in Appendix 1.
- 6 The aim of the five step approach is not to set specific timelines and actions but rather to provide a framework that key partners (SGB's & facility operators) can use to forward plan and ensure a consistent approach which is in line with, and adapts to, Scottish Government and Public Health Scotland route map phases.
- 7 Guidance will be updated as and when Scottish Government advice changes.

## Resumption of Performance Sport - Guidance

- 8 As part of Phase 1 of Scotland's Route Map out of the current crisis the Scottish Government have agreed that guidance can now be put in place to support the 'return to work' of performance athletes.
- 9 This will facilitate the implementation of Step 1 (Section A) of the "Resumption of Performance Sport" where all appropriate health, physical distancing and hygiene practices are put in place.
- 10 **Appendix 1** provides detailed information on the actions required to support performance sport organisations and facilities to deliver a safe return to organised outdoor training at Step 1 (section A) for performance athletes and staff.
- 11 The key changes include;
  - 11.1 Outdoor individual or group training can now be undertaken by professional and/or performance athletes as long as appropriate social distancing, health and hygiene measures are implemented as detailed in Appendix 1.
  - 11.2 Professional / Performance athletes and staff may now travel to their place of work if that is beyond the current Scottish Government travel guideline of broadly 5 miles.
- 12 This approach will ensure that performance athletes are protected as much as possible and in doing so facilitate accelerated steps of the 'Return to Performance Sport' route map in line with agreed Scottish Government Phased changes or dispensations.
- 13 A definition of a Performance Athlete is provided in Appendix 1.

## General Guidance

### 14 Sport specific guidance

Further information on general sport specific Phase 1 guidance can be found on the [sportscotland website](#) but some general points which should be noted include;

- 14.1 All indoor facilities should remain closed to the public including clubhouses, toilets, locker rooms, retail outlets and activity areas.
- 14.2 Clubs and facilities are permitted to carry out routine maintenance, but the primary consideration must be to ensure the safety of staff.
- 14.3 No spectating should take place but where a parent is supervising a child or vulnerable adult, this will be allowed if social distancing measures are followed.
- 14.4 Limits on the number of participants should be considered to ensure appropriate social distancing can be maintained.

## 15 Health, Safety & Hygiene

- 15.1 Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
- 15.2 Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.

**Detailed guidance is available at;**

[www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/](http://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/)

[www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/](http://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/)

## 16 Facility Equipment

- 16.1 Sports, clubs and venue operators should, where possible, remove equipment including benches, scoreboards, tables and any other objects that are not essential for participation purposes.
- 16.2 Where the above is not possible appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination.

## 17 Workforce

Sports, clubs and venue operators must ensure that relevant workplace guidance is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.